

MAINE PUBLIC HEALTH ALERT NETWORK SYSTEM



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Maine Center for Disease Control and Prevention (Maine CDC)
(Formerly Bureau of Health)
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****ADVISORY – Important Information****

2010PHADV004

TO: All Academic, All CDC, All City and County Health Departments, All Healthcare, All Lab Facilities, MEMA Duty Officers, County EMA Directors, Maine Medical Association, Northern New England Poison Control Center, Public Health – Required, Public Health – Nursing, EMS, All RRCs, State and Federal Agencies

FROM: Dora Anne Mills, M.D., M.P.H., Public Health Director

SUBJECT: Travel-Related Disease Conditions, Maine – 2010

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Maine Center for Disease Control and Prevention (Maine CDC)
(Formerly Bureau of Health)

Travel-Related Disease Conditions, Maine – 2010

Background: The Maine Center for Disease Control and Prevention (Maine CDC) has investigated multiple cases of travel related illness in 2010. Cases of dengue fever, typhoid fever, cryptosporidiosis, salmonellosis and giardiasis have been reported to Maine CDC in persons who have recently traveled or have moved to Maine from another country. During school vacation weeks in February and April Maine residents travel outside of the United States, often to warmer climates putting them at risk of mosquito borne diseases, especially dengue fever.

Recommendations:

I. General Travel-Related Disease Prevention: Many travel-related illnesses can be prevented by vaccinations, good hand washing skills, and knowledge of high risk conditions in other countries. The federal CDC recommends vaccines based on the travel destination. These recommendations are available at <http://wwwnc.cdc.gov/travel/default.aspx>.

II. General Travel-Related Disease Assessment: The Maine CDC recommends that clinicians obtain recent travel history, especially travel outside of the U.S., for symptomatic patients. Guidance has been developed on initial health assessments of foreign-born populations living in Maine. The guidance is available at <http://www.maine.gov/dhhs/boh/ddc/epi/publications/index.shtml> under “Other publications”.

III. Haiti Specific Recommendations: Additional recommendations for clinicians caring for individuals traveling to or from Haiti are available at <http://wwwnc.cdc.gov/travel/content/haiti-earthquake-travel.aspx>. Federal CDC recommendations for relief workers traveling to Haiti include:

- Up to date on current tetanus shots
- Up to date on routine vaccines
- Hepatitis A, typhoid, and hepatitis B vaccine
- Antimalarial drugs and use of insect repellent to prevent malaria and dengue fever, respectively
- For travelers working closely with ill, injured or displaced persons in Haiti, a tuberculin skin test is recommended before travel and then 8-10 weeks after return.

For recommendations for clinicians caring for persons arriving from Haiti please see the health alert notice from Federal CDC attached below and available at <http://wwwnc.cdc.gov/travel/content/haiti-earthquake-travel.aspx>.

IV. Disease Reporting: All suspected cases of travel related illnesses that are considered notifiable conditions should be reported to the Maine CDC at 1-800-821-5821. A list of notifiable conditions is available at <http://www.maine.gov/dhhs/boh/ddc/epi/disease-reporting/index.shtml>.

HEALTH ALERT NOTICE
for clinicians caring for persons arriving from Haiti

The person presenting this paper to you has arrived from Haiti. He or she may be at increased risk for several diseases or conditions not commonly found in the United States. During your medical evaluation, consider the following:

Malaria

Malaria is endemic in Haiti. Anyone presenting with fever, chills, and headache requires a rapid diagnostic test for malaria immediately.

Contact the CDC Malaria Hotline (**770-488-7788**, Monday - Friday, 9:00 a.m. - 5:00 p.m., EST. For emergency consultation after hours, call **770-488-7100**) to speak to a physician who will guide evaluation and management of the patient.

Dengue

Dengue presents with similar signs and symptoms as malaria. Severe muscle pain is also associated with dengue. For more information, visit <http://www.cdc.gov/dengue/>.

Tuberculosis (TB)

The incidence of TB in Haiti is among the highest in the Western Hemisphere. Those who are ill with either a respiratory disease or with a fever of undetermined etiology should be tested for tuberculosis.

Anthrax

Exposure to Haitian goatskin drums, consumption of contaminated meat, and exposure to aerosolized spores increase the risk of developing one of three forms of anthrax. Visit <http://emergency.cdc.gov/agent/anthrax/> for more information.

Mental health

Consider potential mental health issues due to experiences relating to the earthquake in Haiti. Any discussions of mental health should be explained in culturally sensitive, supportive, and nonstigmatizing ways.

For those without a recent comprehensive medical examination:

- **Obtain a detailed medical history to screen for** and address acute and chronic health problems and receipt of recommended clinical preventive services, especially vaccinations.
- **Screen for HIV and Hepatitis B & C** if the patient had unprotected exposure to blood or body fluids or unprotected sexual contact.
- **Ask patients if they have sustained animal bites** or been exposed to bats in Haiti. Contact your local or state health department for assistance with postexposure rabies prophylaxis.
- **Screen for parasitic diseases such as ascaris, protozoan infections, and other helminthic diseases**, which are extremely common in the Haitian population. Children are particularly vulnerable to the effects of gastrointestinal parasites.
- **Be mindful of extenuating circumstances impacting Haitians**, including environmental conditions, stress related to the earthquake, or lack of access to medications or routine medical care, all which could exacerbate existing chronic conditions.
- **Be aware that malnutrition affects many Haitian children** and should be thought of when treating any ill child from Haiti.

For more information:

Visit <http://wwwnd.cdc.gov/travel/content/haiti-earthquake-travel.aspx>

Contact your local or state health department

Call 1-800-CDC-INFO (232-4636)